



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09065, Cherries, sour, red, canned, light syrup pack, solids and liquids**

**Report Date: June 29, 2017 23:55 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g
<b>Proximates</b>					
Water	g	79.62	--	--	200.64
Energy	kcal	75	--	--	189
Energy	kJ	314	--	--	791
Protein	g	0.74	--	--	1.86
Total lipid (fat)	g	0.10	--	--	0.25
Ash	g	0.25	--	--	0.63
Carbohydrate, by difference	g	19.30	--	--	48.64
Fiber, total dietary	g	0.8	--	--	2.0
<b>Minerals</b>					
Calcium, Ca	mg	10	--	--	25
Iron, Fe	mg	1.32	--	--	3.33
Magnesium, Mg	mg	6	--	--	15
Phosphorus, P	mg	10	--	--	25
Potassium, K	mg	95	--	--	239
Sodium, Na	mg	7	--	--	18
Zinc, Zn	mg	0.07	--	--	0.18
Copper, Cu	mg	0.068	--	--	0.171
Manganese, Mn	mg	0.073	--	--	0.184
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	2.0	--	--	5.0
Thiamin	mg	0.016	--	--	0.040
Riboflavin	mg	0.039	--	--	0.098

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g
Niacin	mg	0.170	--	--	0.428
Pantothenic acid	mg	0.105	--	--	0.265
Vitamin B-6	mg	0.044	--	--	0.111
Folate, total	μg	8	--	--	20
Folic acid	μg	0	--	--	0
Folate, food	μg	8	--	--	20
Folate, DFE	μg	8	--	--	20
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	36	--	--	91
Retinol	μg	0	--	--	0
Vitamin A, IU	IU	726	--	--	1830
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.022	--	--	0.055
14:0	g	0.001	--	--	0.003
16:0	g	0.015	--	--	0.038
18:0	g	0.005	--	--	0.013
Fatty acids, total monounsaturated	g	0.026	--	--	0.066
18:1 undifferentiated	g	0.026	--	--	0.066
Fatty acids, total polyunsaturated	g	0.029	--	--	0.073
18:2 undifferentiated	g	0.015	--	--	0.038
18:3 undifferentiated	g	0.014	--	--	0.035
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					